RESUME (in lieu of transcription — resume card is also on file).

M772

Friday April 30, 1965

Music Group IV

(Music tapes: 850, 851, 852)

I

-- Mr. Nyland would like to talk a little about work in general and the difficulties we sometimes encounter. Reference to Wednesday, April 28 when there was a discussion of work in more detail (M771)

-- certain things may be a little dark or vague.

-- When we are becoming observant, engaged in this effort there is, we know, an interfering by the mind when the mental function recognises oneself, describing. Refer e.g., to the sensing exercise - the mind is used in going from one part to the next, and comes into play and interferes with awareness, the purity of it, the activity of being aware.

--- When becoming observant of parts of your body try to change, when this interference occurs, over into observance of the totality of yourself. You can't describe this totality. Then you may be can go over into moving.

--- Remember I is to be parallel to the functions of personality. These functions will always continue, receiving impressions. Reacting to these impressions is so quick we can not catch it, so you see this is why observing in the moment is so important.

---You will want to remain susceptible and become even more sensitive and then impressions will increase, come in and go over into activity, a reaction. Must try to be awake then - changing the energy of the impression-reaction into the wish to wake up. We must learn this practice.

--- Try for a week that whenever a thought or feeling comes up, hold it in and don't allow it to go out by means of a manifestation. Try to be as objective towards the outside as you are towards yourself when you attempt to wake up. This means you will find how to accept the outside as it is, people as they are.

---The energy you send out when you react may do damage, but it may not be received.

--- Beware of being oversensitive just now.
--- This has to do with becoming aware of mechanicality outside and your own. When awake, know that one could love everybody.

II

--- You come here (to music) for something. -Committed to some work towards consciousness. Ask: what is the material I want here? I know I need something, may be in the back of my mind, to tell me to wake up, to try. Do I consider its importance? Do I consider it as sacred? I know it is not enough reminding me, and what is preventing this? What's wrong with a man who wants something and can not do it? Why do both my mind and heart let it go?
---We don't pray enough, hope for it enough, call for it enough.
---We are engaged in something holy and that awareness of the kk holiness is not sufficient now for a constant wish. I must know this in order to get rid of, to let go of all the junk I still think I have a use for.
---Great Nature wants a heart, not empty, but filled, with the Holy Ghost.
---Work, objectivity, is exceptional, essence of essence , a reaching for the Holy Grail.
--- Religious or not. You have to pray for it. You have to submit to something higher than you are.

III

Devotion - an effacing of oneself. Trying or establishing a contact with something of a higher level. It means I know how small I am in regard to that what I would like to acheive. For this I have to be open.
---If I say, This is it, I do exclude all else and may put myself on a pedestal. This is too fanatic. We have this problem.
---If I say that objectivity is the only road and know it is so - that no other so-called subjective ways lead where I want to go - I have to know that this is so. No one can make this statement.
---So what to do.

---We want devotion and faith.
But we don't know enough about the rest of the world, the attempts of other people.
---We cannot be critival of them. They function in accordance with their life - and what they have, for them may be the same as what we have for us.

---They may be satisfied with where they reach when there is an obstacle. We too. You may become satisfied with the organisation as they do, become desirous of quantity rather than quality, become identified with it. We exclude as much as they, when we do this.
---How to communicate with other people and ways?
---Communication is through Being. Only representing with yourself life, conscious Being. Our shame must be that we are not there.
---How to show Beigg? It can be in movement, gesture, posture, a certain lack of tension, in not immediately reacting.
---One would want to have as an attitude that I remain pure in looking at someone, regardless of what they are.
---We are not yet missionaries, unless we are settled in our own affairs.
---Are we careful about expecting a reward suiting our conceit?
---One must be honest in this with oneself, where my level is, what I am. If I observe the level where I am then I may be able to manifest that.
---Be, and then, if possible, manifest. We have no monopoly.
---If objective, we could be on a planetary level. Real freedom, freedom from one's physical manifestations. And then to the sun.